

## Parkinson's Disease Research Education & Clinical Center PADRECC Southeast/Richmond

Hunter Holmes McGuire Veterans Affairs Medical Center (652/127)  
 1201 Broad Rock Boulevard, Richmond, VA 23249  
[www.parkinsons.va.gov/Richmond](http://www.parkinsons.va.gov/Richmond) phone: (804) 675-5931

### 2020 PARKINSON'S SUPPORT GROUP SCHEDULE

4 <sup>th</sup> Thursdays Time: 1 - 3 p.m.	TOPIC and SPEAKER
<b>January 23</b>	Overview of New Medications for Parkinson's Disease – <i>Jessica Lehosit, DO, PADRECC Neurologist and Chief of Neurology, Richmond VAMC</i>
<b>February 27</b>	Tai Chi and PD – <i>Grenay Williams KT – Richmond VAMC</i>
<b>March 26</b>	LSVT BIG Exercise Therapy for People with Parkinson's Disease <i>Robert Hand, Physical therapist, Sheltering Arms Physical Rehabilitation Centers</i>
<b>April 17</b>	Parkinson's Disease Rehab Day <i>There will be no support group meeting in April. Instead, all are encouraged to attend the Annual PD Rehab Day. Date to be announced</i>
<b>May 28</b>	The Healing World of Art - <i>Natasha Houpe LRT/CTRS, Recreational Therapist</i>
<b>June 25</b>	Use of assistive technology to help with medication management <i>Melissa Oliver, OTR/L, Assistive Technology Program Coordinator</i>
<b>September 24</b>	Coping with Chronic Illness <i>Brenda Phillips, Chaplain, Richmond VAMC</i>
<b>October 22</b>	Microbiomes and their Role in Chronic Illness <i>Jasmohan Bajaj, M.D., gastroenterologist, Richmond VAMC and VCU Medical Center</i>
<b>December 10</b>	Holiday Gathering

**Location:** Hunter Holmes McGuire VAMC, 1201 Broad Rock Blvd, Richmond, VA 23249.

**Meeting Room:** 2K-113 Conference Room is located on 2<sup>nd</sup> floor near the cafeteria, just off the catwalk near hallway 2K.

**Usual Meeting format:**

- Meetings are generally held on the 4th Thursday. In 2020, there will be no meetings in July, August, and November. Please note that the December meeting will be held on 12/10/20.
- First hour (1-2 p.m.): Educational session with a speaker presentation.
- Second hour (2-3 p.m.): Informal Discussion Groups - for people with PD, and for care partners.

**Questions?**

- Support groups are optional and not a medical appointment. The VA support group is open to veterans and non-veterans diagnosed with PD.
- Unable to attend meetings in person? Live far away from Richmond and looking for education/ support? please call the PADRECC clinic at (804) 675-5931.